

Patterson Park Pool Schedule

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
*Lap Swim	6-8a.m.	6-8a.m.	6-8a.m.	8a.m.-12p.m.	N/A
Shallow H2O	8-9a.m.	8-9a.m.	8-9a.m.	N/A	N/A
Gentle Joints	N/A	9-10a.m.	N/A	N/A	N/A
Rec Pool Play & Open Swim	10a.m.-12:45p.m. / 2-3:30 p.m.**	10a.m.-12:45p.m. / 2-8:45 p.m.**	10a.m.-12:45p.m. / 2-8:45 p.m.**	1-4:30p.m.	1-4:30p.m.
Pool Rentals	N/A	N/A	7-9p.m. Pool closes @ 6:30p.m.	12-1p.m. / 5-7p.m.	5-7p.m.
Swim Preschool (see page 16)	3:30-7p.m.	N/A		8:15a.m.-12p.m.	N/A

*Lap lane availability will vary on the time of day. 6-8a.m. is dedicated to lap swim only. All other times, there are 2-3 lanes available at first-come, first-served.

**Rec Pool Play & Open Swim:

The water slide and water playground are open play. The lap lanes are reserved for lap swimming and individual water exercise. On Mondays & Wednesdays, 3:30-7p.m., the number of swimmers allowed during rec pool play may be limited due to swim lessons. It is advised to check the swim lesson schedule on page 12 for dates of possible early closings.

Anchored Down Aqua:

This class targets everyone with an action-packed workout for the abdominal and gluteal areas. Progressive water exercises are programmed to strengthen, define, and tone!

Squeaks n' Creaks:

An arthritis-based water exercise class offering an impact-free method of exercise for affected joints and muscle groups requiring that special touch. Cardio work is not omitted from this class. Perfect for the beginner or a back-to-fitness exerciser.

H2O Cardio Class:

It is a low impact, fast-paced class aimed to up your heart rate and burn those calories off. Don't be fooled though. After your cardio section, there will be time to target the abs, tone your arms and lift that bottom with special moves that only the water allows.



SPORTS*COM Indoor Pool Schedule

Activity	Monday, Wednesday, & Friday	Tuesday & Thursday	Saturday	Sunday
*Lap Swim	6-8a.m./11a.m.-1p.m./1-3p.m. /3-6p.m.	6-8a.m./11a.m.-1p.m./1-3p.m. /3-6p.m.	8a.m.-12p.m.	N/A
Shallow H2O	8-9a.m./6-7p.m.	8-9a.m.	N/A	N/A
Gentle Joints	9-10a.m.	N/A	N/A	N/A
Deep H2O	N/A	9-10a.m./4:30-5:30p.m./6-7p.m.	8:30-9:30a.m.	N/A
Rehab	N/A	10-11a.m.	N/A	N/A
Toning	N/A	5:30-6p.m.	N/A	N/A
H2O Polo	N/A	7-8:45p.m.	N/A	N/A
Rec Pool Play & Open Swim	7-8:45p.m.	7-8:45p.m.		
Pool Rentals	N/A	N/A	12-1 Pool Party 5-7p.m. Private Rental	5-7p.m. Private Rental
Swim Academy (see page 16)	N/A	3-6p.m.	9a.m.-12p.m.	N/A

Shallow H2O Exercise:

A moderate-to-high cardio workout, abdominals and muscle conditioning in the shallow end of the indoor pool.

Gentle Joints:

A perfect class for those who require impact-free exercise while increasing strength and balance. Work through a full range of motion for flexibility benefits. Great for those with limitations such as arthritis, orthopedic problems, fibromyalgia, and for beginning exercisers. Takes place in the shallow end of the indoor pool.

Deep H2O Exercise:

Knowledge of swimming is not required. Using hip flotation belts, this great workout develops aerobic endurance and muscle conditioning. Perfect for those with impact limitations!

Toning:

This class is for participants who are seeking more strength and toning than offered in our other classes, focusing on a total-body strength workout on abs, upper and lower body! Stay after the 4:30-5:30pm class or come early for the 6:00-7:00pm class.

SPORTS*COM Outdoor Pool Schedule

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Early Bird Swim		8-10a.m.		8-10a.m.	
Open Swim	10a.m.-6:45p.m.	10a.m.-6:45p.m.	10a.m.-6:45p.m.	10a.m.-4:30p.m.	1-4:30p.m.
Private Rentals	N/A	N/A	N/A	5-7p.m.	5-7p.m.

Swim Preschool

One of summer's favorite pastimes is swimming. Is your child prepared to enjoy long days at the pool? Enroll them in The Swim Preschool of Murfreesboro today to ensure their trip to the pool this summer is a safe one. Our classes are based on the American Red Cross Learn-to-Swim program and taught by certified Water Safety Instructors.

Adult Lessons are also available!

Ages: 6 months to 4 years
 Dates: Please call for details
 Days: Monday / Wednesday (afternoons) or Saturday (mornings)
 Location: Patterson Park Community Center
 Fee: \$60
 Contact: Niki Hensley, 893-7439, or nhensley@murfreesborotn.gov
 Registration is required

Swim Academy

One of summer's favorite pastimes is swimming. Is your child prepared to enjoy long days at the pool? Enroll them in The Swim Academy of Murfreesboro today to ensure their trip to the pool this summer is a safe one. Our classes are based on the American Red Cross Learn-to-Swim program and taught by certified Water Safety Instructors.

Adult Lessons are also available!

Ages: 5-12 & 18+
 Dates: Please call for current openings
 Days: Tuesday / Thursday (afternoons) or Saturday (mornings)
 Location: Sports*Com Indoor Pool
 Fee: \$60
 Contact: Nate Williams, 895-5040, or nwilliams@murfreesborotn.gov
 Registration is required



Water Polo

Are you looking for a unique way to get an intense workout? Come play water polo on Tuesday nights! This is an activity designed for swimmers who are comfortable in the deep end of the pool.

Ages: 13+
 Dates: Ongoing
 Day: Tuesdays
 Time: 7:00 p.m. – 8:45 p.m.
 Location: Sports*Com Indoor Pool
 Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)
 Contact: Nate Williams, 895-5040, or nwilliams@murfreesborotn.gov



Early Bird Swim – Sports*Com Outdoor Pool

There is nothing like a refreshing outdoor swim to get your day started! Take advantage of the opportunity to do just that this summer at the Sports*Com Outdoor Pool. The Olympic-size outdoor pool will be open for long course lap swimming Monday through Friday, 8 a.m. to 10 a.m., for those who want a great and invigorating morning workout.

Ages: All ages
 Dates: June 6 – August 5, 2011
 Days: Monday – Friday
 Time: 8 a.m. – 10 a.m.
 Location: Sports*Com Outdoor Pool
 Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)
 Contact: Nate Williams, 895-5040, or nwilliams@murfreesborotn.gov



Water Aerobics

If you're looking for a great way to get in shape this summer and to cool off from the summer sun, join us for a water exercise class. Whether you are a fit being, looking for a challenge or recovering from a surgery or suffering from arthritis, we have something for you. The 8 am class is an intense workout that will get your day started off right, while the 9am class will sooth your joints and inspire you to spend more time in the pool because of how good you will feel afterwards!

Ages: ALL
 Days: Monday – Friday
 Time: 8 a.m. & 9 a.m.
 Location: Patterson Park Pool
 Fee: \$4.00 or premium pass
 Contact: Niki Hensley, 893-7439, or nhensley@murfreesborotn.gov

Schedule your group visit to Patterson's Pool today!

We encourage you to call the aquatics office to book your summertime field trips. It is a great way to cool off from the summer heat & not have to worry about applying sunscreen! We have available times from 10 a.m. till 12 p.m. Hurry and call. Dates fill up quickly!

Ages: ALL
 Date: June, July, August 2011
 Day: Monday – Friday
 Time: 10 a.m. - 12 p.m.
 Location: Patterson Park Pool
 Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)
 Contact: Niki Hensley, 893-7439, or nhensley@murfreesborotn.gov